What is claimed is:

1. A method for monitoring pain of a patient, said method comprising:

a) providing a patient communication device;

b) providing a data processor capable of communicating with the patient communication device;

c) delivering a pain questionnaire to the patient at each of a series of time points using the patient communication device to generate pain questionnaire results;

d) communicating the pain questionnaire results to the data processor; and

e) processing the pain questionnaire results using the data processor, thereby monitoring the pain of a patient.

2. The method of claim 1, wherein the patient communication device comprises a patient device microprocessor, wherein the communicating is performed automatically, and wherein the data processor is a separate processor from the patient device microprocessor.

3. The method of claim 1, further comprising triggering an effector function based on the processed pain questionnaire results.

4. The method of claim 3, wherein the effector function is selected from the group consisting of administering pain medication using a patient controlled analgesia controller, creating an output signal, gaining attention of medical personnel, signaling that patient attention is required, and signaling a patient.

5. The method of claim 3, wherein the effector function is administering pain medication using a patient controlled analgesia controller.

6. The method of claim 1, wherein the delivering of the pain questionnaire is performed at each of the series of time points by the patient without assistance of medical personnel.

7. The method of claim 1, wherein the delivering the pain questionnaire is performed other than as part of a pain-stimulation or sensory stimulation procedure, and without stimulating a pain response in the patient.

8. The method of claim 1, wherein the pain questionnaire comprises a patient question method selected from the group consisting of a Visual Pain Analog Scale, a Visual Mood Analog Scale, a Pain Severity Scale and a Pain Relief Scale.

9. The method of claim 1, wherein the pain questionnaire comprises a Visual Pain Analog Scale, a Visual Mood Analog Scale, a Pain Severity Scale and a Pain Relief Scale.

10. The method of claim 1, wherein the patient communication device is a personal digital assistant.

11. The method of claim 1, wherein the patient communication device is a heat beam dolorimeter.

12. A patient pain management system comprising:
    a) a patient communication device comprising a patient device microprocessor effective for executing a pain questionnaire software application; and
    b) a data processor effective for automatically communicating with the patient communication device.

13. The system of claim 12 further comprising an effector device capable of communicating with the data processor, wherein the effector device is effective for carrying out an effector function.

14. The system of claim 12, wherein the patient communication

device does not include a function for stimulating a pain response in the patient.

15. The system of claim 12, wherein the patient communication device is a hand-held device comprising a touch-screen and a microprocessor.

16. The system of claim 15, wherein the hand-held device comprises a personal digital assistant.

17. The system of claim 15, wherein the data processor is part of a hospital personal computer or computer server, and wherein the data processor is effective for at least one of storing pain questionnaire results in a database, graphing pain questionnaire results, or statistically processing pain questionnaire results.

18. The system of claim 12, wherein the patient communication device is a heat beam dolorimeter.

19. The system of claim 18, wherein the heat beam dolorimeter utilizes a sonar ranging sensor.

20. A patient pain management system comprising:
   a) a hand-held patient communication device comprising a patient device microprocessor effective for executing a pain questionnaire software application utilizing a touch screen; and
   b) a data processor effective for automatically communicating with the patient communication device and graphing or statistically processing pain questionnaire results.